

Heppner Girls take down Enterprise and Grant Union



Isa Payne Playing the net in Grant Union - Photo by Susan Hisler



Maya Payne goes up for a spike in Grant Union - Photo by Susan Hisler

Last week was a busy one for the Heppner Varsity and JV teams. They started off by playing Irrigon at home last Thursday. Following that, the JV and C teams participated in a tournament in Arlington. Over the weekend, both the Varsity and JV teams traveled to John Day where they triumphed over Enterprise and Grant Union.

The Heppner Varsity team performed exceptionally well, winning 3-0 against Enterprise with set scores of 25-14, 25-17, 25-

16, and defeating Grant Union 3-1 in hard-fought sets of 25-16, 20-25, 25-23, and 25-23. This series of victories propelled Heppner back to the top of the league standings, sharing the lead with Stanfield, both holding a record of 5-1. Looking ahead, the Heppner Varsity will face league rival Weston-McEwen at home this Thursday. This is a significant match-up, as Heppner previously defeated them earlier this season on their turf.

South Morrow County Seniors Matter receives 2024 Oregon Rural Quality Excellence Award

Thursday, Oct 3, 2024, at the 41st Annual Oregon Rural Health Conference, South Morrow County Seniors Matter received the 2024 Oregon Rural Quality Excellence Award for a Community-Based Organization at a special ceremony in Bend, OR. Board members, Jerry Conklin (Chairman), Molly Rhea (Vice-Chair), and Linda Kenny (Treasurer) were present to receive the award.

Jerry Conklin, SMCSM Chair emphasized, "The award is to all the South Morrow County communities, for their support has been amazing for our older adults! Thank you to all the many who have contributed to the success of the program. We are excited to bring this award back home to you!"

The OHSU Oregon Office of Rural Health grants the award annually to an Oregon community-based organization that has demonstrated "outstanding resourcefulness, teamwork, and creativity when addressing quality improvement aims." The awarding committee summarized their selection by saying: "This is an amazing asset to South Morrow County and is making a wonderful impact on your senior population. Job well done - you all should be



Seniors Matters Award(L-R) Robert Duehmig - Director, Oregon Office of Rural Health, Jerry Conklin, Molly Rhea and Linda Kenny, board members SMCSM. - Contributed Photo

proud!"

South Morrow Co Seniors Matter is well into their second year of meals for seniors, serving Tuesdays at 11:30. "Serving 70 folks on average per week would be a challenge if it wasn't for the talents of head cook Jodi Segraves, who organizes the volunteers who come from over 100 local church

and civic volunteers with the help of assistant cook Peni Waite," said Jackie Alleman, SMCSM Board Member.

Another asset Senior Matters has organized is the scheduling of senior-specific modules called YOLO (You Only Live Once) workshops. "Classes are held up to three times per week with the Chair Exer-

cise classes being the most popular. We have had a dozen consistent attendees taking advantage of the exercise class," states Molly Rhea, YOLO Director. Deb Green, SMCSM Activities Coordinator, manages these classes and activities. Another popular class is the Aging Well class, which offers tips to manage the challenges of aging—Caregiver and Dementia-specific classes round out the educational offerings.

"With the cooler weather many seniors are attending our movie nights, complete with popcorn and treats. And twice a week we have a coffee and donut hour reserved for our population that share their wisdom to make our communities better," remarks Deb Green.

December will mark the start of monthly Veteran Luncheons to serve our local service men and women. Amanda Kendrick, Veterans Service Officer for Morrow Co, will be in attendance to answer questions of our local vets. More information will be provided about this offering.

South Morrow Co Seniors Matter is governed by additional board members, Dennis Wiser and Sheryll Bates.

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